Montana

School Nutrition Programs

Office of Public Instruction
Division of Health Enhancement and Safety

2011 Annual Report (July 1, 2010-June 30, 2011)





IntroductionSchool Nutrition Programs

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Introduction School Nutrition Programs

School Nutrition Programs aims to promote healthy eating and physical activity through improvements in school meal programs and environments. To foster these changes, School Nutrition Programs has developed a strategic plan for the year. This strategic plan consists of three primary goals:

- 1. Improve Program Management and Integrity
 This goal will be accomplished through the use of technology, maintenance and sharing of program information, program management, development of strong relationships with our partners, and improvements in food safety.
- 2. Increase Program Access and Participation End Childhood Hunger
 This goal will be accomplished through increased direct certification efforts and
 reporting by Montana schools, increased participation in the School Breakfast
 Program through outreach and alternate service options, and increased Summer
 Food Service Program participation through outreach and activities for children.
- 3. Promote Healthy Eating and Physical Activity Behaviors
 To promote health and reduce childhood obesity, this goal will be accomplished through training and technical assistance to help schools improve the nutritional quality of school meals, use of the Fresh Fruit and Vegetable Program, and connecting children to local produce through Farm-to-School Programs.

OPI School Nutrition Programs makes improvements to operating procedures as legislation outlines program revision. Provisions of the Healthy, Hunger-Free Kids Act of 2010 have been implemented in the 2010-11 and 2011-12 school years. These include:

Direct Certification or the matching of children in SNAP households to district enrollment lists at least three times per year. OPI received a Direct Certification Planning grant (\$65,073) in January 2011 to plan for the development of a state-level direct certification matching system between OPI and the Montana Department of Public Health and Human Services.
Categorical Eligibility of Foster Children allows any foster child whose care and placement is the responsibility of the state or who is placed by a court with a caretaker household to receive a free school meal based on eligibility.
Privacy Protection requires only the last four digits of the signing adult's Social Security Number on the Application for Free and Reduced-Price School Meals.



Introduction School Nutrition Programs

Outreach to Households on the Availability of Summer Food Service Program Meals helps eligible students find free meals during the summer by requiring school districts to inform families of SFSP locations.
Equity in School Lunch Pricing ensures that schools are providing the same level of support to students who pay full price for meals as they are for lunches served to students who receive free lunches.
Outreach to Households on Availability of School Breakfast Program Meals requires schools to conduct outreach before the start of the school year to notify households on the availability of breakfast.
Nutrition Environment outlines transparency to the public by requiring districts report on food safety inspections, local wellness policies, meal program participation, and nutritional quality of school meals.
Fluid Milk is defined as a variety of fluid milk consistent with the Dietary Guidelines that is fat-free or low-fat, unflavored or flavored.
Water must be available at no cost during meal service to children for consumption in the location where meals are served.
Indirect Cost guidance for LEAs with rules on indirect costs and the nonprofit school food service account was issued in July 2011.
Enhancing the School Food Safety Program applies HACCP principles to any part of a facility in which food is stored, prepared, or served. These facility locations include on school buses, hallways, school courtyards, kiosks, classrooms, or other locations outside the cafeteria.



Office of Public Instruction

School Nutrition Programs

The School Nutrition Programs unit is administered through the Office of Public Instruction, Health Enhancement and Safety Division. The School Nutrition Programs services for schools include administration of the eight U.S. Department of Agriculture (USDA) programs:

- ✓ National School Lunch Program (NSLP)
- ✓ School Breakfast Program (SBP)
- ✓ Afterschool Snack Program
- ✓ Special Milk Program
- ✓ Summer Food Service Program (SFSP)
- ✓ USDA Food Distribution Program (including the Department of Defense Fresh Fruit and Vegetable Program)
- ✓ Fresh Fruit and Vegetable Program
- ✓ Montana Team Nutrition Program

The unit also administers a Cooperative Purchase Program.

School Nutrition Programs reimburses schools for meals served to children; distributes USDA Foods for school meal and summer programs; provides training for school food service personnel, administrators and teachers; ensures that schools are in compliance with federal regulations; and provides nutrition education for students to promote healthful habits.

Sponsors choose which programs to participate in based on local needs. Sponsors include public schools, private/non-public schools, non-profit residential child care institutions, government agencies, public or private non-profit organizations and camps.

Vision:

Our vision is school communities that provide children full access to healthful meals and snacks that nourish minds and bodies and school nutrition environments that encourage healthful lifestyles and are supported by community partnerships.

Mission:

To ensure that schools provide nutritious meals and promote healthy lifestyles through collaborative education and training, and administration of the USDA's School Nutrition Programs.

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Office of Public Instruction

School Nutrition Programs

Program Management & Integrity

Program Activities

Coordinated Review Effort (CRE)

The Coordinated Review Effort is a comprehensive on-site evaluation of the School Food Authority once every five years. SNP staff conducted 48 coordinated reviews, 5 additional administrative reviews and one PS1 follow-up review during the 2010-11 school year.

School Meals Initiative (SMI)

School lunches must meet the recommendations of the Dietary Guidelines for Americans, which specify no more than 30 percent of calories come from fat, and less than 10 percent of calories come from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, vitamin A, vitamin C and calories. School breakfasts must provide one-fourth of the RDA for the same nutrients. Afterschool snacks must provide two food components (meat/alternate, fruit, vegetable, grain, milk). In 2010-11, 48 SMI Reviews were conducted.

Summer Food Service Program (SFSP)

School Nutrition staff conducted 38 sponsor and site reviews in 2011. Sponsors who were found to be in violation of program requirements submitted corrective action plans.

Program Reporting

Verification of Free and Reduced Price Lunch Applications

Local Education Agencies (LEAs) that participate in the School Nutrition Programs provide free and reduced-price meal benefits to eligible students through approval of school meal applications. As part of this responsibility, schools must verify a sample of the applications and report the results to the State Agency.

Only 21 (9.5%) LEAs had less than 80% response rate from households (meaning that more than 20% of the applicants selected for verification at their school did NOT respond by sending documents that show what they reported on their application was accurate). This verification data serves as the primary source of information on the accuracy of the eligibility determination process.

Sanitation Inspections

Schools are required to have 2 sanitation inspections per year and report the actual number of inspections to the State Agency. Montana schools reported the following:

Number of schools that had 0 inspections: 88 (10.7%) Number of schools that had 1 inspection: 269 (32.6%) Number of schools that had 2 inspections: 467 (56.7%) Number of schools that did not report inspections: 0



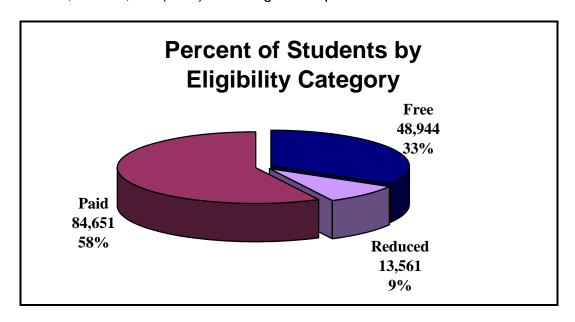
Office of Public Instruction School Nutrition Programs

Program Access

Children who come from low-income families are at most risk for hunger and food insecurity. Improved access to affordable meals helps decrease the likelihood of children living in hunger.

At the beginning of each school year, schools send a request to enrolled households to complete a free and reduced meal application. Completion of the required income documentation allows School Nutrition Programs to offer meal benefits to students based on income eligibility.

During the 2010-11 school year, 147,156 students were enrolled in schools that participated in School Nutrition Programs. Of these enrolled students, 48,944 (33%) were eligible for free meals, 13,561 (9%) were eligible for reduced-price meals, and 84,651 (58%) were eligible for paid meals.



A total of 62,505 (42%) of Montana students were eligible for free and reducedprice school meals in 2011.

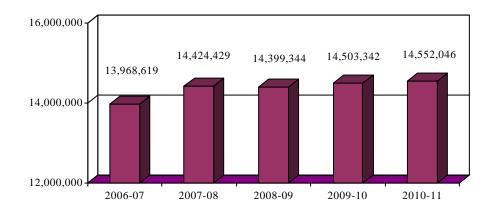


National School Lunch Program

The National School Lunch Program (NSLP) began in 1946 under the National School Lunch Act and is intended to help meet the nutrition needs of children from low-income households.

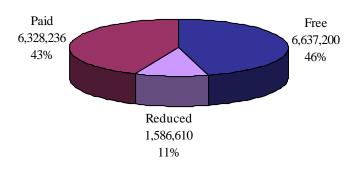
More than 14.5 million lunches were served during the 2011 school year.

Total Lunches Served



On a daily basis 57% (83,342) of the total eligible students (147,156) participated in the National School Lunch Program. Students consuming school lunches are predominately eligible for free and reduced- price meals.

Student Lunches by Category

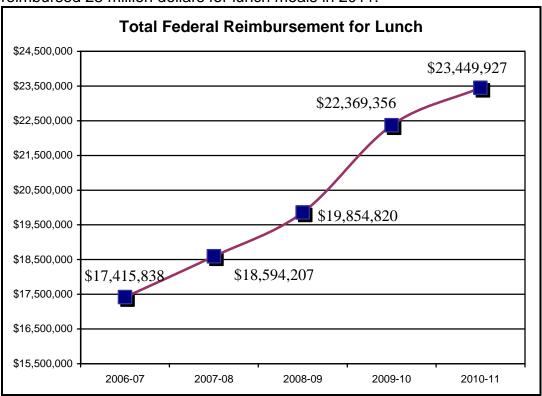




National School Lunch Program

Federal Reimbursement

The United State Department of Agriculture reimburses schools for meals served to students as part of Child Nutrition Programs. Montana schools were reimbursed 23 million dollars for lunch meals in 2011.



Meal reimbursement rates effective July 1, 2010-June 30, 2011 are included below. Schools that consistently served 60% or more of their lunches to free and reduced-price eligible students in the second preceding year received an additional two cents per meal.

National School Lunch Program	Less than 60%	60% or more
Paid	0.26	0.28
Reduced Price	2.32	2.34
Free	2.72	2.74

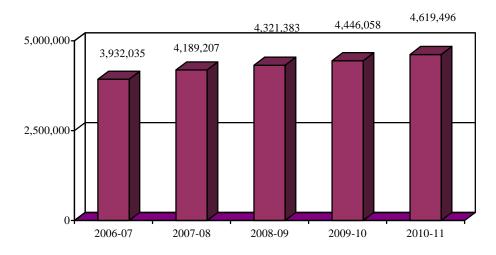


School Breakfast Program

The School Breakfast Program (SBP) began as a pilot project in 1966 and was made permanent in 1975. Breakfasts served under this program are designed to meet one-fourth of the RDA for the key nutrients. *Combined, a school breakfast and lunch provide over half the nutrition that a child needs in a day.*

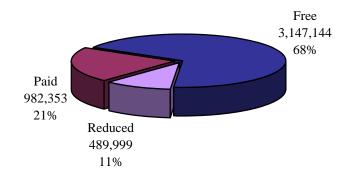
More than 4.6 million breakfasts were served during the 2011 school year.

Total Breakfasts Served



On a daily basis 18% (25,987) of the total eligible students (147,156) participated in the School Breakfast Program. Students consuming breakfast meals are predominately eligible for free and reduced- price meals.

Student Breakfasts by Category





School Breakfast Program

Researchers concur that eating breakfast helps student perform better in school. According to the 2011 *Montana Youth Risk Behavior Survey Report* only 40% of high school students reported eating breakfast in the past 7 days prior to the survey.

In the 2010-11 school year, 25,987 students participated in the School Breakfast Program on a daily basis, which means only 18% of the children eligible to participate in the program are eating breakfast at school. Breakfast is offered at 723 out of 817 (88%) of Montana schools. For children to have access to school breakfast, their school must participate in the program. Schools with a breakfast program can improve breakfast participation by expanding student access to meals.

Expanding School Breakfast Program participation is identified as a way to alleviate child hunger. OPI worked in collaboration with the Montana Food Bank Network Food Security Council to host a Montana Summit to End Childhood Hunger to develop a plan to meet this long-term goal.

Team Nutrition has also been active in providing training and technical assistance to more than 100 school employees on successful methods to expand breakfast participation levels. Schools often see increased breakfast participation when alternative service methods such as breakfast in the classroom and grab-and-go stations are used.

Only 40 % of high school students report eating breakfast daily during the past 7 days

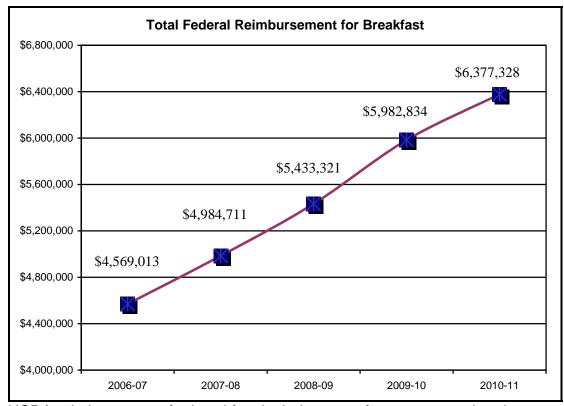
2011 Montana Youth Risk Behavior Survey Report



School Breakfast Program

Federal Reimbursement

Montana schools were reimbursed 6.3 million dollars for breakfast meals in 2011.



USDA reimbursement for breakfast includes rates for severe need and nonsevere need areas.

School Breakfast Program	Non-severe Need	Severe Need
Paid	0.26	0.26
Reduced Price	1.18	1.46
Free	1.48	1.76

Severe need means 40% or more of the lunches served during the second preceding school year were served at a free or reduced price. Severe need schools receive more funding for each free or reduced-price breakfast served.

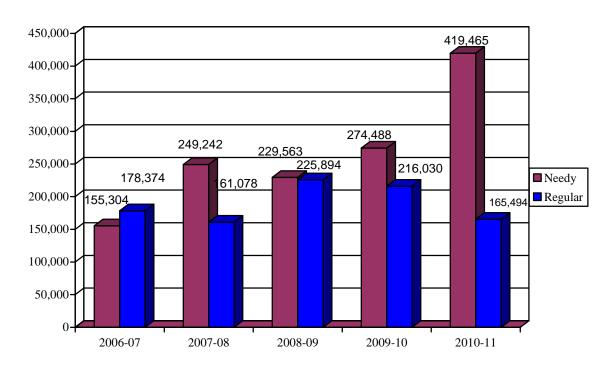


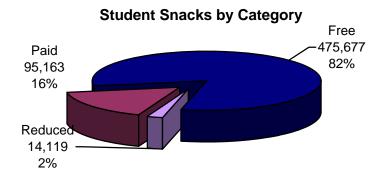
Afterschool Snack Program

Started in 1998, the Afterschool Snack Program offers children education and enrichment activities that are safe, fun and filled with learning opportunities. Schools in which 50% of the students qualify for free and reduced price lunches are considered area eligible (needy) and students qualify for free snacks.

Over the past year there was an increase of 94,441 snacks served.

Total After School Snacks Served



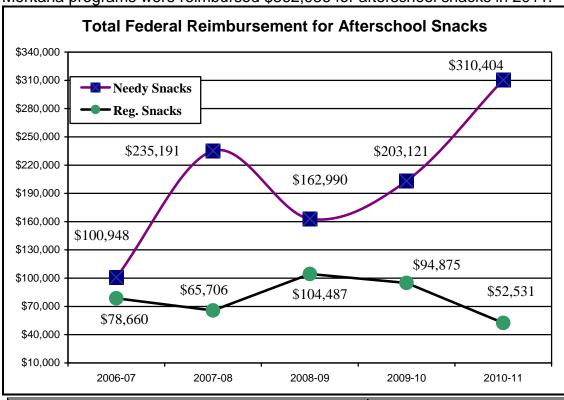




Afterschool Snack Program

Federal Reimbursement

Montana programs were reimbursed \$362,936 for afterschool snacks in 2011.



Afterschool Snack Program	
Paid	0.06
Reduced Price	0.37
Free	0.74

USDA reimbursement rates are based on student eligibility.

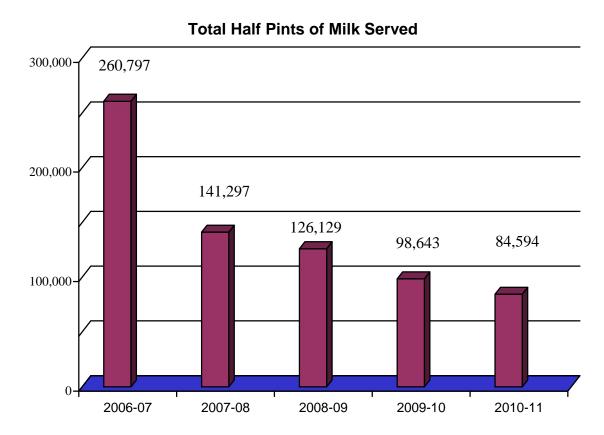


Special Milk Program

Schools that do not offer other school meal programs or kindergarten students who do not have access to lunch and breakfast at school may participate in the Special Milk Program.

As split-session kindergarten classes decrease and the number of schools that participate in breakfast and lunch programs increase, the number of schools operating the Special Milk Program has declined. The number of half pints of milk served each year continues to follow a downward trend. Over the past year there was a decrease of 14,049 half-pints served.

Schools that participated in the Special Milk Program during 2011 included 6 with kindergarten milk programs, 10 with milk only programs, and 6 with summer camps.

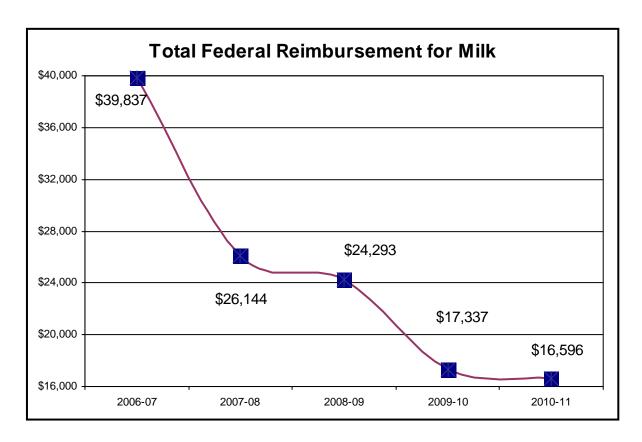


Montana programs were reimbursed \$16,596 for milk served in 2011.

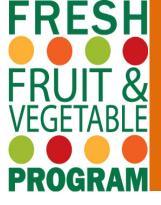


Special Milk Program

Federal Reimbursement

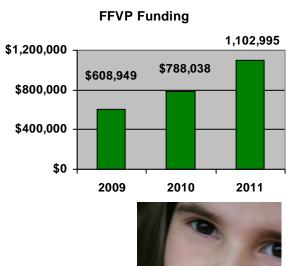


Special Milk Program	All Milk	Paid Milk	Free Milk
Pricing Programs without free option	0.1775	N/A	N/A
Pricing Programs with free option	N/A	0.1775	Average cost per ½ pint of milk
Non-pricing programs	0.1775	N/A	N/A

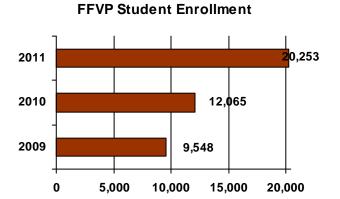


Fresh Fruit and Vegetable Program

The Fresh Fruit and Vegetable Program (FFVP) was developed as catalyst to combat childhood obesity by exposing children to fresh fruits and vegetables and helping them learn more healthful eating habits. The FFVP was successfully implemented in 114 schools in 2011 (46 more than the previous school year).







Schools are selected based on the following criteria:

Elementary School

National School Lunch Program Participant

FFVP Application

50% of students must be eligible for free and reduced price lunch

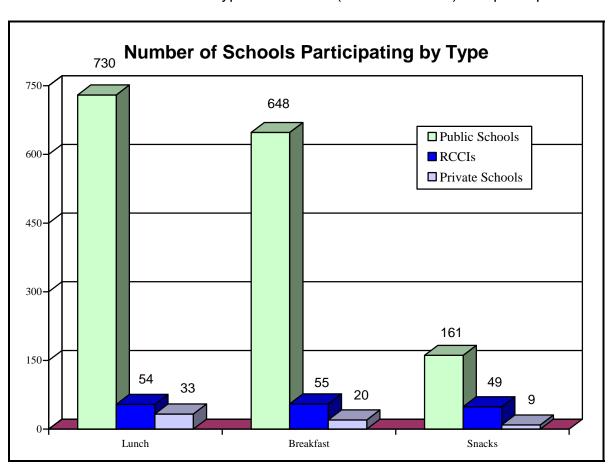
Highest priority given to schools with the highest percentage of free and reduced students

Total enrollment of all schools selected must result in \$50-75 per student allocation each year



Types of Schools

In 2011, 259 sponsors participated in the lunch program, 215 sponsors participated in the breakfast program, and 108 sponsors participated in the afterschool snack program. These sponsors include public schools, public or nonprofit private Residential Child Care Institutions (RCCIs), and nonprofit private schools. All of these organizations are collectively called School Food Authorities (SFAs) within the School Nutrition Programs. An RCCI can include correctional facilities or group homes for children with special needs. This chart details the types of schools (within the SFAs) that participate.

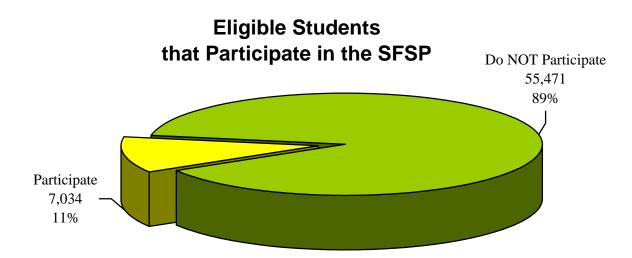


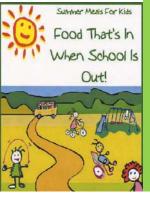


The Summer Food Service Program (SFSP) provides nutritious meals at no charge to children while school is not in session. This program was established to ensure that children in low-income areas could continue to receive nutritious meals in between school sessions.

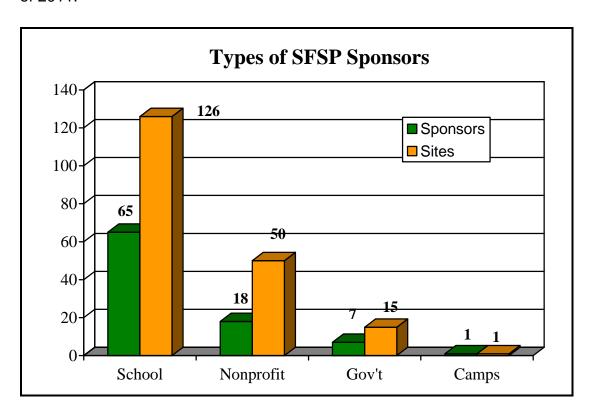
Montana SFSP sites serve children in small rural communities, six of the larger cities and each of the seven American Indian reservations. Sites operate in low-income areas where at least half of the children come from families that qualify for free or reduced-price meals.

Of the 62,505 children eligible for free and reduced-price meals during the 2011 school year, 7,034 (11 percent) participated daily in the SFSP. In 2011, 313,483 lunches were served which is an increase of 11,111 meals from the previous year.





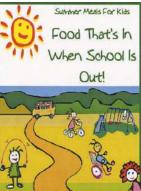
Sponsors for the SFSP include school districts, local government agencies, public or private non-profit organizations and camps. Sponsors are organizations that operate the SFSP and sites are the locations where sponsors serve meals. A total of 91 sponsors provided meals at 192 sites in Montana during the summer of 2011.

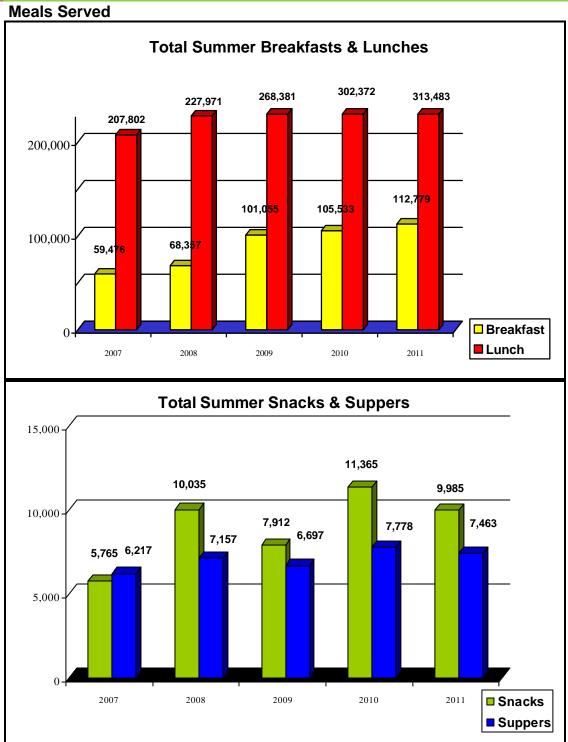


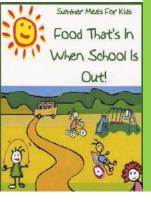


Over the past year:

- There was an increase of 7 sponsors and 17 sites.
- There were an additional 11,111 lunches and 7,246 breakfasts served.

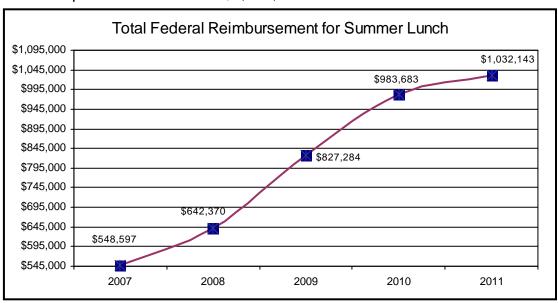


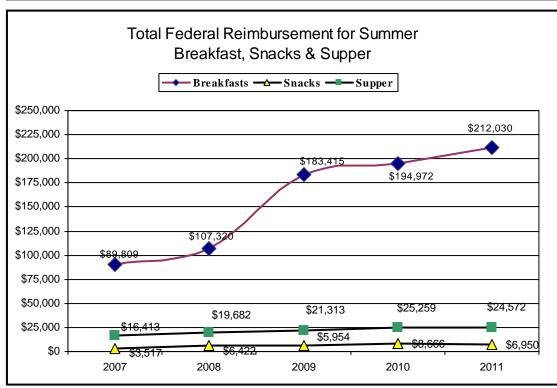


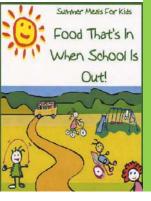


Federal Reimbursement

The total meal reimbursement (for lunch, breakfast, snacks, and supper) paid to summer sponsors in 2011 was \$1,251,703.







Reimbursement rates for Summer Food Service Programs are based on meal type and geographic location. Rural and self-preparation sites receive a higher rate of reimbursement than urban or vended sites because there is often an increased cost of providing services in rural locations.

Summer Food Service Program	Rural or Self- Preparation Sites	Urban or Vended Sites
Breakfast Lunch & Supper Supplements (Snacks)	1.8800 3.2925 0.7750	3.2375

Fun in the Sun

Montana Summer Food Summit 2011

School Nutrition Programs hosted the first Summer Food Summit conference in 2011. The Summit was initiated because of Sponsor requests and suggestions as well as the State Agency's desire to maximize resources. Topics included summer outreach and best practices, menu planning, cost control, nutrition education and a required SFSP Sponsor training.

Thirty four people representing 20 of our 91 Sponsors (22%) attended as well as representatives from the U.S. Department of Agriculture and the Montana Food Bank Network.











USDA Food Distribution Program

The USDA Food Distribution Program delivers USDA Foods to School Food Authorities. USDA Foods account for 15 to 20 percent of school nutrition program food. During the 2010-11 school year, schools received an entitlement of 20.25 cents for each lunch served (during the previous school year) to spend on commodity foods. This entitlement totaled \$3,814,235.

OPI is currently exploring ways to process more USDA Foods to meet the needs of Montana SFAs.

USDA Foods are a healthy food choice.

USDA continually explores ways to offer healthy food choices so that schools can serve meals consistent with the Dietary Guidelines for Americans.

Whole Grains

Items include brown rice, rolled oats, whole wheat flour, and whole grain spaghetti.

Less Sugar

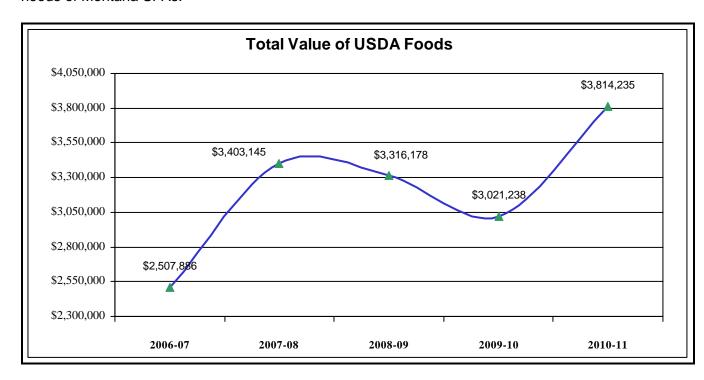
Canned fruits are packed in light syrup, water or natural juices.

Less Fat

85% lean ground beef, 97% lean ham, 95% lean turkey ham, diced chicken, part skim mozzarella, and no trans fat in frozen potato products.

Less Sodium

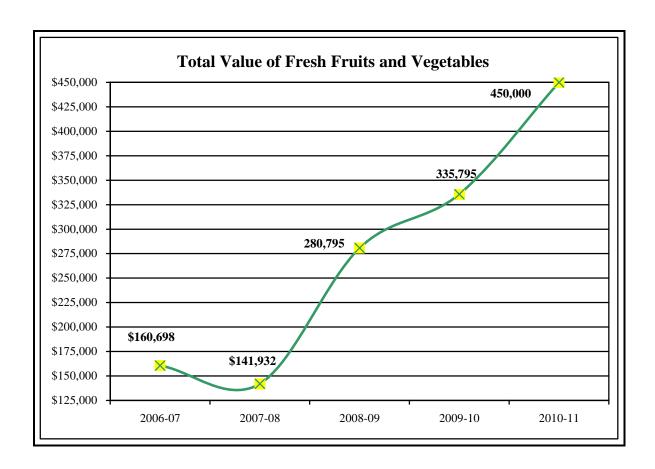
Canned vegetables are being reduced to 140 mg of sodium per serving.





Fresh Fruit and Vegetable Program Department of Defense

A portion of the total entitlement for Montana's Food Distribution Program is set aside for the Department of Defense Fresh Fruit and Vegetable Program. This program administered through the U.S. Department of Defense allows schools that participate in the National School Lunch Program to use the USDA commodity entitlement to purchase high quality fresh fruits and vegetables. During the 2010-11 school year, School Nutrition Programs was allocated \$450,000 for this program, an increase of \$114,205 from the previous year.





Montana Team Nutrition Program

Team Nutrition is a USDA competitive grant focused on improving children's lifelong eating and physical activity habits by integrating the principles of the Dietary Guidelines for Americans and USDA's My Plate into comprehensive, behavior based education. Montana State University in Bozeman, MT is home to the **Montana Team Nutrition Program**, which serves as the nutrition education component of School Nutrition Programs.



In 2010-11, School Nutrition Programs was awarded two Team Nutrition grants which provided increased training and technical assistance to school and child care facilities. Classroom, cafeteria and community initiatives focused on the consistency of educational messages within three core areas:



- Strengthening School Wellness Policies
- Improving Quality of School Meals
- Reducing Childhood Obesity

Strengthening School Wellness Policies:

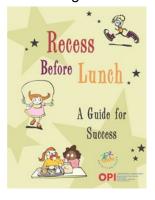
- Funded \$50,000 of School Wellness in Action Mini-grants to 11 school districts to support a
 part-time wellness coordinator or to help schools implement healthy habits concerning food
 and physical activity. Mini-grants reached 20,115 students (and potentially 40,470
 Montanans).
- Continued to teach the principles of Recess Before Lunch through technical assistance and training to schools. Conducted 10 school staff trainings, distributed 1,000 Recess in Action

Guides, and published research in the *Journal of Child and Nutrition Management*.

Montana principals observe improved student behavior with use of *Recess Before Lunch*

Scheduling Recess Before Lunch:
Exploring the Benefits and the Challenges in Montana Schools.

Journal of Child and Nutrition Management. 2010



32 % of Montana elementary & middle schools implement a recess before lunch schedule.



Montana Team Nutrition Program

Improving Quality of School Meals:

Focus on Quality

- Promoted healthy school award programs including the Healthier US School Challenge (HUSSC) and the Healthier Montana Menu Challenge through workshops and conference calls. Assisted 4 schools with achieving and celebrating one of these awards.
 - MT HUSSC program received recognition at the National Parent Teacher Association (PTA) Conference in June 2011 with a presentation during the session "Let's Move Healthier Foods to Schools."
- Supported 13 regional "Cook Smart" workshops reaching approximately 256 child care and school nutrition personnel from 225 sites and 10,000 children. Workshops trained personnel how to cook with whole grains, fruits and vegetables, legumes/dried beans and peas, lean meats and low fat dairy foods.



Developed *Healthy Mealtime Philosophy* materials and provided training to 275 childcare and school nutrition personnel across Montana. These materials have been recognized as promoting healthy eating practices for children and include two videos, *Comfortable Cafeterias* and *Please Pass the Peaches*.

Focus on Nutrition Education for Children

- Promoted the use of the Montana Team Nutrition resource, *Eat Smart Be Smart:* Teaching Nutrition through Math, Science, Language Arts and Health Enhancement curriculum guide.
- Promoted the *Teaching Adolescent Nutrition* (two hour graduate level) on-line course from Montana State University (MSU) for educators. Supported the development of two classes, *Nutrition Across the Curriculum* (one hour graduate level) on-line course from MSU for educators.
- Conducted a pilot project with five afterschool programs for elementary children
 to determine steps for working with teen youth groups to provide Let's Get Kids
 Cooking classes and use of USDA Foods in preparing kid pleasing recipes. This
 project reached 639 students (and potentially 945 Montanans).



Montana Team Nutrition Program

Focus on Farm to School

- Provided training or technical assistance to more than 350 school staff or community members on using a farm to school strategy for procuring local foods, garden based learning or local food school fundraising.
- Partnered with the Montana Department of Agriculture and the Governor's Office to develop the nutrition lesson, *Mmm Mmm Montana* for the First Lady *Nancy' Garden Kit* curriculum for fourth grade students.
- Facilitated a round table discussion for a rural school and community to bring together partners interested in implementing a Farm to School Program to better connect children with their food source.

Reducing Childhood Obesity:

Supporting a Team Approach for Children's Health at State and Local Levels

- Provided leadership and resources to statewide and local nutrition organizations that foster children's healthy eating habits and reduce hunger, including Montana Action for Healthy Kids, Eat Right Montana Coalition and Montana Food Security Council.
- Collaborated with partners such as Grow Montana, AERO, MSU Extension, Montana Department of Agriculture and the Governor's Office to strengthen grassroots support for Farm to School as a successful strategy for improving children's health.

OPI Cooperative Purchase Program

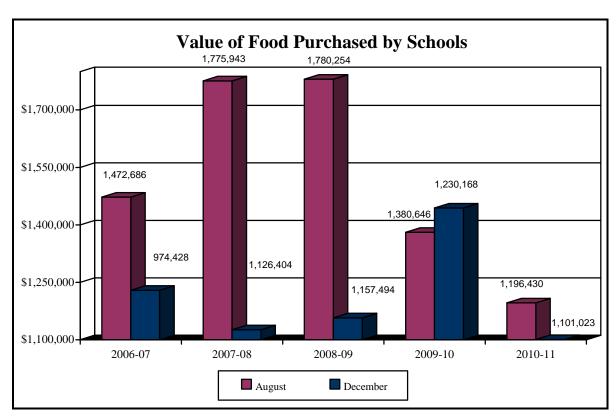
The OPI Cooperative Purchase Program was implemented in 1980 to assist schools in purchasing high-quality nutritious foods at reasonable prices. There are two bids a year (winter and spring) and four deliveries per bid for a total of eight food deliveries per year.



Items available through the bid are continuously revised by the Advisory for the Bid and Commodity (ABC) Committee, which consists of State Agency staff and 30 school food service personnel from schools across the state.

By combining purchase orders, all participating schools receive the high-quality, low-cost bid items at the same price regardless of size or location. Nutrition information for all products on the bid is provided to participating schools to assist with nutrient analysis of menus.

The program coordinator serves as a liaison between schools and food manufacturers, producers, processors, distributors, and representatives. During the 2010-11 school year, Montana schools purchased 99,717 cases of food worth \$2,297,453.

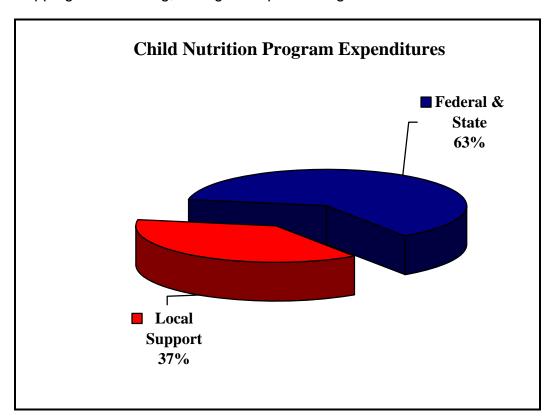




Financial Management

Financial Management

The USDA provides general assistance for every reimbursable meal served to children in school according to reimbursement rates that are updated yearly. School Food Authorities reported \$50,468,357 in program income in 2010-11 which included \$36,855,947 in federal reimbursement and \$647,542 in state matching funds. The state matching funds were used to cover the cost of shipping and handling, storage and processing of USDA Foods.



Overall school expenditures were \$59,755,542. After subtracting federal reimbursement and state match, local support to the meal programs was \$22,252,053 or 37 percent of the total expenditures. Local support includes students who pay for breakfast and lunch.



Financial Management

FUNDING FOR THE SCHOOL NUTRITION PROGRAMS IN MONTANA July 1, 2010 – June 30, 2011		
Income		
National School Lunch Program Meals	\$23,449.927	
Afterschool Snacks	\$362,936	
USDA Foods and DoD Fresh Fruit and Vegetable Program	\$4,264,235	
National School Lunch Program (lunches, snacks and commodities)	\$28,077,098	
School Breakfast Program	\$6,377,327	
Special Milk Program	\$16,596	
Fresh Fruit and Vegetable Program	\$1,102,867	
Summer Food Service Program Reimbursement	\$1,276,478	
SFSP USDA Foods - Commodities	\$4,939	
Summer Food Service Program	\$1,281,417	
Total Federal Funding	\$36,855,948	
Total State Matching Funds	\$647,542	
Total Federal and State Funding	\$37,503,490	
Expenditures		
School Expenditures (Food, Labor, Other)	\$59,755,542	
Federal and State Reimbursement	\$37,503,490	
Student, Adult Payments, General Fund, Other Sources	\$22,252,052	